

# Vegan Japanese Cooking Class

With Ayumi Hashimoto 9/24/2010



## Tofu & Zucchini Kushikatsu

**1. Slice:**

Tofu  
Zucchini

**2. Combine in a bowl to make the breading:**

Whole wheat flour  
Sea Salt or Herbamare  
Onion Powder  
Garlic Powder  
Yeast Flakes  
Parsley  
Or any other herbs of your choice

**3. Have the following ready in 2 bowls:**

Whole Wheat Panko (Breadcrumbs)  
Deluded vegan mayonnaise (cashew or almond mayonnaise would do well!!)

**4. Coat the sliced tofu and zucchini with the flour all over, dip them in mayonnaise and coat them with bread crumbs.**

**5. Place in oven dish and bake at 350 °F for about 30 minutes or until brown.**

**6. Turn and bake for about 10 minutes.**

**7. Serve them with Japanese brown sauce or with Mayonnaise mixed with chopped onion, ginger, chopped scallion**



Sneak Peak at the Final Product

## **Sushi Cake**

### **1. Prepare:**

- 2/3 cup scrambled tofu
- 2/3 cup roasted bell peppers
- 1/2 cup vegan mayonnaise
- 2/3 cup carrot "tuna"
- 1 avocado, sliced
- 2 sheets nori seaweed, broken into pieces

### **2. Mix:**

- 2 cups brown rice, cooked
  - 1/4 cup toasted sesame seeds, ground
  - 3 tablespoons juice from your choice of citrus fruits
  - 1 teaspoon sea salt
- Place plastic wrap in a pie pan.

**3. Layer scrambled tofu, carrot tuna and roasted bell peppers over the plastic wrap.**

**4. Add a layer of the rice mixture (1 cup), add a layer of avocado, mayonnaise and seaweed, ending with another layer of rice (1 cup).**

**5. Cover with a plastic wrap and press the content firmly into the dish.**

**6. Remove the plastic wrap**

**7. Place a large plate on top of the dish and flip it over to serve.**

**8. Garnish with sliced fresh vegetables such as:**

- cucumbers
- yellow squash
- zucchini
- radish
- scallion

## Nut Mayonnaise

### 1. Blend till smooth:

- 1 cup raw cashews (or try slivered almonds or Brazil nuts)
- 2 cups water
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons nutritional yeast flakes (optional)
- 3/4 teaspoon salt

### 2. Cook over medium heat stirring constantly

### 3. When thick turn off the heat and stir in:

- 2 tablespoons
  - 1/4 cup lemon juice
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## Carrot "Tuna"

### 1. Mix:

- 2 cups carrot pulp from juicing (Enjoy the juice first!!)
- 1 cup vegan mayonnaise or cashew mayonnaise
- 1/2 teaspoon sea salt
- 3 tablespoons nutritional yeast
- 1-3 tablespoons extra virgin olive oil or flax seed oil (optional)
- 1/2 cup chopped olives
- 2 cups chopped vegetables (onion, celery, tomatoes, bell peppers, parsley, scallion, etc.)
- 1 tablespoon dry herbs (basil, parsley, chives, oregano and/or Italian herbs)

### 2. Try adding:

- 1 teaspoon or more of your favorite seasonings
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## Adzuki & Edamame Ice Cream

### 1. Blend till smooth:

- 1 cup vanilla soy milk creamer
- 1 can coconut milk
- ¾ cup honey
- 2 T Psyllium husk, plain
- ½ tsp salt
- 1 tsp vanilla
- 1/2- 1 cup edamame or adzuki paste

### 2. Put in a container and freeze.

(Mix with Whisk once or twice before it gets completely frozen for creamier texture)

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## Stuffed Daikon (Japanese Radish)

### 1. Using cookie cutter, make a circle hollow to each piece of:

- 1 medium Japanese radish, cut into 2" width (Save the cut out parts for salad)

### 2. Cook the radish in vegetable broth seasoned with kelp and/or shitake seasoning

### 3. Prepare Spinach & Tofu mixture (which is called Horenso no Shira- ae, Japanese dish) by mixing the ingredients below:

- 1 ½ cup cooked spinach (or 10 oz frozen chopped spinach), chopped
- lemon juice
- ½ lb soft water pack tofu
- 1 T soy sauce
- 1 T Norigoma (or tahini)
- 2 T toasted sesame seeds, ground
- 1 T lemon juice
- sea salt to taste

### 4. Stuff holes with the above filling.

## SCRAMBLED TOFU (for other taste of sushi cake)

1. Sauté in a frying pan over medium heat, using a little extra virgin olive oil and/or water:

**1-2 cloves garlic, minced/crushed**  
**1 medium onions, mined**  
**½ cup sliced mushroom (optional)**

2. Add:

**1 lb. firm or extra firm tofu, mashed with fork, masher, etc.**  
**1 tablespoon nutritional yeast flakes**  
**1 teaspoon onion powder**  
**½ teaspoon garlic powder**  
**¾ teaspoon sea salt**  
**¼ teaspoon paprika**  
**⅛ teaspoon turmeric or more**  
**1 tablespoon sweet basil**  
**¼ cup fresh parsley, chopped fine (optional)**  
**1 tablespoon seasoning of your choice (I used onion/herb mix and mushroom mix)**

3. Add and sauté more:

**½ cup ripe tomatoes, diced (optional)**  
**½ cup bell pepper, chopped into small pieces**

4. Add tofu mixture and heat thoroughly.

5. Add and simmer for a few minutes:

**3 tablespoons- ½ cup slivered almonds blended with a little water till smooth**